

This listing of claims will replace all prior versions, and listing of claims in the application:

**Listing of claims:**

Claim 1 (currently amended) A controlled caffeine delivery system in a single serving sachet made of a rupturable material, ~~characterized in that the sachet comprises comprising~~ a high-caffeinated soluble coffee beverage powder providing a liquid beverage upon reconstitution with water, the soluble coffee beverage powder comprising,

- (a) conventional caffeine-containing coffee solids, and
- (b) additional caffeine containing solids from a natural source other than (a), wherein the beverage contains at least 80 to no more than 115 mg caffeine.

Claim 2 (currently amended) The system of claim 1, ~~characterized in that wherein~~ the beverage contains 80 to 110 mg caffeine, ~~and preferably 85 to 100 mg caffeine~~.

Claim 3 (currently amended) The system of claim 1-~~or 2~~, wherein the sachet contains between 5 and 30 mg of powder and a single serving of a beverage that has an acceptable taste is prepared by combining between 150 and 250 ml water with the sachet contents.

Claim 4 (currently amended) The system of ~~any preceding~~ claim 1, comprising from about 10% to about 50% w/w of conventional coffee solids and about 0.01 to about 10% w/w of one or more additional caffeine containing solids from a natural source other than conventional coffee solids.

Claim 5 (currently amended) The system of ~~any preceding~~ claim 1 ~~wherein characterized in that~~ the additional caffeine containing solids are selected from the group consisting of tea extracts, guarana extracts, decaffeinated tea extracts or decaffeinated coffee extracts.

Claim 6 (currently amended) The system of ~~any preceding~~ claim 1 ~~comprising characterized in that~~ one or more flavanols, ~~are included, with~~ the flavanols and caffeine being present in a weight ratio of 1:0.02 to 1:1.

Claim 7 (currently amended) The system of any preceding claim 1 comprising a component selected from the group consisting of characterized in that one or more of aromas, flavors, vitamins or and minerals are present in the beverage powder.

Claim 8 (currently amended) The system of any preceding claim 1 comprising characterized in that a vitamin premix is included to provide further energy to the consumer of the beverage.

Claim 9 (currently amended) The system of any preceding claim 1 comprising a component selected from the group consisting of characterized in that one or more of a sweetener, a whitener, or and a flavor is present in the beverage powder.

Claim 10 (currently amended) The system of any preceding claim 1 wherein characterized in that the powder ingredients are present in the sachet in a homogeneously mixed condition.

Claim 11 (currently amended) The system of any preceding claim 1, wherein the conventional caffeine-containing coffee solids are present in an amount of from about 10% to about 30% by weight, the additional caffeine containing solids are present in an amount of from about 0.1% to about 5% by weight and include decaffeinated coffee solids, decaffeinated tea extracts, or a mixture thereof, and the powder further contains from about 10% to about 30% by weight of a coffee whitener, from about 50% to about 70% by weight of a sweetener, and optionally, one or more of coffee aroma, a flavor, vitamins, minerals, guarana extract or a flavanol, each, when present, in an amount of from about 0.01% to about 5%.

Claim 12 (currently amended) The system of claim 11 characterized in that wherein the components a) and b) e), d), and e) are packaged in a sachet that is separated from the sachet that contains remaining components of the system components a) and b), so that the consumer has the option of forming a black coffee beverage or not.

Claim 13 (currently amended) The system of any preceding claim 1 characterized in that wherein the single serving is packaged in multiple sachets that each contain a portion of the serving with each sachet containing a known amount of caffeine.

Claim 14 (currently amended) The system of any preceding claim 1 characterized in that wherein the multiple sachets are packaged in a larger container for sequential formation of beverages over time.

Claim 15 (currently amended) The system of any preceding claim 1 characterized in that wherein the beverage is prepared by the addition of 150 to 250 ml of a liquid to the powder.

Claim 16 (currently amended) The system of any preceding claim 1 characterized in that wherein the liquid is selected from the group consisting of comprises water or and milk.

Claim 17 (currently amended) The system of any preceding claims characterised in that claim 1 wherein consumption of a single serving of the beverage by a person provides a plasma caffeine level in the person that is above 1.25 mg/l for at least 2 to 4 hours following consumption of the beverage.

Claim 18 (currently amended) A method for delivering Use of the sachet of claim 1 to deliver a controlled amount of caffeine to a person in need of or desirous of receiving same by forming a beverage from the contents of the sachet and a liquid, followed by consumption of the liquid by the person comprising the steps of providing a controlled caffeine delivery system in a single serving sachet made of a rupturable material, comprising a high-caffeinated soluble coffee beverage powder providing a liquid beverage upon reconstitution with water, the soluble coffee beverage powder comprising,

(a) conventional caffeine-containing coffee solids, and

(b) additional caffeine containing solids from a natural source other than (a), wherein the beverage contains at least 80 to no more than 115 mg caffeine.

Claim 19 (currently amended) A method for preparing Use of the sachet of claim 1 to prepare a beverage that can deliver a controlled amount of caffeine to a person in need of or desirous of receiving same wherein the person obtains the caffeine amounts by consuming the beverage that is prepared by mixing the contents of the sachet and a liquid comprising a high-caffeinated soluble coffee beverage powder providing a liquid beverage upon reconstitution with water, the soluble coffee beverage powder comprising,

(a) conventional caffeine-containing coffee solids, and

(b) additional caffeine containing solids from a natural source other than (a), wherein the beverage contains at least 80 to no more than 115 mg caffeine.

Claim 20 (new) The system of claim 1, wherein the beverage contains 85 to 100 mg caffeine.

Claim 21 (new) The system of claim 1, wherein the conventional caffeine-containing coffee solids are present in an amount of from about 10% to about 30% by weight, the additional caffeine containing solids are present in an amount of from about 0.1% to about 5% by weight and include decaffeinated coffee solids, decaffeinated tea extracts, or a mixture thereof, and the powder further contains from about 10% to about 30% by weight of a coffee whitener, from about 50% to about 70% by weight of a sweetener, and a coffee aroma, a flavor, vitamins, minerals, guarana extract and a flavanol, each present, in an amount of from about 0.01% to about 5%.